

What not to say to a grieving person

- Snap out of it
- It wasn't meant to be
- You must be strong
- She lived a good life
- You must move on
- God will never give you more than you can handle
 - I understand
- Be thankful you have other children
- It's over with. Let's not deal with it
 - Get a hold of yourself
 - Keep a stiff upper lip
 - Pull yourself together
 - Be strong for the children
- Get back on the horse again
 - It was God's will
- You can always have other children
 - You're young
- Maybe God is trying to teach you a lesson
 - Others have it worse than you
 - What did you do wrong?
 - He wouldn't have been healthy
- It is just nature's way of dealing with a problem

Helpful things to say to a grieving person

- I'm so sorry to hear about your loss
- I can't imagine what you are going thru. It must be unbearable.
 - Sit down and tell me all about it.
- I don't know what to say, but I'll be glad to listen.
 - How are you really feeling?
 - What can I do to help?

(if you are caring for someone from a different culture ask "what would be happening if this happened...")